

## Lucky Number 7

The number 7 is often perceived to be a lucky number. In the gambling game of craps you can be a winner by rolling a 7 on the dice. Stephen Covey used it in his best-selling book The 7 Habits of Highly Effective People. You can even buy a coin with the number 7 on it to carry around in your pocket for good luck. So is 2007 going to be your lucky year for creating greater success in your life and organization? The experts say that highly successful people are not just lucky by chance but do things to attract good fortunes.

In January I suggested you review 2006 and write down your goals for 2007. Have you done it? Studies show that those who write down their goals have an **80% greater chance** of achieving them. Of course, writing something down is never enough. We need to maintain our focus and take action. Donald Trump has been quoted as saying that to achieve success at any level, you must take action.

Take your one or two most important goals for creating greater success in your life, and complete the following **7** steps. Your goal can be anything you want to change, to experience, or to acquire in your life. Here are the steps:

1. Write down your goal in the present tense, as if you have already achieved it. This is effective in re-programming your subconscious mind to become a positive force to set you on the road to your achievements.

2. Write down the benefits of achieving your goal. You need to have at least 5 strong benefits, otherwise you may not be motivated enough to do what it takes to achieve the goal.
3. Identify any obstacles that may stand in your way, including both internal and external ones.
4. Work out solutions to the obstacles one at a time. If you cannot come up with all the solutions, consult with someone who would be willing to help you think outside of the box.
5. While referring to the list of solutions, write down specific action steps for each solution along with due dates. If your goal is behavioural, you will need daily or frequent actions, while certain projects or lifestyle goals may only require weekly actions.
6. Decide on a method of tracking and measuring your progress. This must correspond with the type of goal, and may be done daily, weekly or monthly.
7. Write down an affirmation and/or create a picture of your goal to keep you focused. Repeat or look at your affirmation picture daily. Affirmations must be in the present tense and are an essential part of re-programming your subconscious mind.

Download a **goal planning form** from our website (see "Goal Setting Worksheet" under Training on our Tips 'N Tools page) to help you write down your goals.

Goal achievement requires you to grow, to stretch, to take some risk.



Planning how to achieve your goal along with developing the mindset and confidence you need, will increase your chances of success. And since 2007 contains the number 7, you already have luck on your side. Write to me and let me know how lucky you become this year.

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